Zones of Regulation

By identifying which zone you are in, you can improve your ability of selecting an appropriate strategy to enhance self-regulation.

Blue Zone
- Low state of alertness and down feelings
- I'm Feeling...
  - Sad
  - Tired
  - Sick
  - Bored
  - Unmotivated
- My Strategies Are...
  - Doing things that make me happy
  - Self-care activities
  - Listen to music
  - Stretch
  - Work for 10 minutes

Yellow Zone
- Heightened states of alertness and elevated emotions
- I'm Feeling...
  - Stressed
  - Anxious
  - Excited
  - Nervous
  - Irritable
  - Moderate control
- My Strategies Are...
  - Exercise
  - Sensory strategies
  - Meditation
  - Doing a low-effort, yet productive task (i.e. make a to-do list, clean, meal prep)

Green Zone
- Regulated, focused, improved memory, and better attention
- I'm Feeling...
  - Happy
  - Focused
  - Calm
  - Regulated
  - Ready to learn
- My Strategies Are...
  - Doing things that make me happy
  - Self-care activities
  - Listen to music
  - Stretch
  - Work for 10 minutes

Red Zone
- Extremely heightened states of alertness and intense emotions
- I'm Feeling...
  - Panic
  - Angry
  - Explosive
  - Devastated
  - Terror
  - Out of Control
- My Strategies Are...
  - Doing something to calm down
  - Step away from the situation
  - Deep breathing
  - Journal
  - Call a friend or family member